



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Statistics Report 09075, Cherries, sweet, canned, extra heavy syrup pack, solids and liquids

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	72.66	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Energy	kcal	102	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Energy	kJ	427	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2014
Protein	g	0.59	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Total lipid (fat)	g	0.15	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Ash	g	0.37	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Carbohydrate, by difference	g	26.23	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Fiber, total dietary	g	1.5	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/1994
Minerals													
Calcium, Ca	mg	9	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Iron, Fe	mg	0.35	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Magnesium, Mg	mg	8	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phosphorus, P	mg	17	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Potassium, K	mg	142	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Sodium, Na	mg	3	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Zinc, Zn	mg	0.10	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Copper, Cu	mg	0.139	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Manganese, Mn	mg	0.058	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Vitamins													
Vitamin C, total ascorbic acid	mg	3.6	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Thiamin	mg	0.021	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Riboflavin	mg	0.039	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Niacin	mg	0.388	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Pantothenic acid	mg	0.127	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Vitamin B-6	mg	0.030	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Folate, total	µg	4	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folate, food	µg	4	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Folate, DFE	µg	4	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2001
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Vitamin A, RAE	µg	8	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2002
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Vitamin A, IU	IU	151	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Lipids													
Fatty acids, total saturated	g	0.033	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
14:0	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
16:0	g	0.023	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:0	g	0.008	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Fatty acids, total monounsaturated	g	0.040	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:1 undifferentiated	g	0.040	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Fatty acids, total polyunsaturated	g	0.045	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:2 undifferentiated	g	0.023	--	--	--	--	--	--	--	--	Analytical or -- derived from analytical	--	08/1982
18:3 undifferentiated	g	0.022	--	--	--	--	--	--	--	--	Analytical or -- derived from analytical	--	08/1982
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982